LIFE ADJUSTMENT BOOKLET

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Making and keeping friends

by

WILLIAM C. MENNINGER, M.D.

LIFE ADJUSTMENT BOOKLET

. . . to help young people solve the problems of everyday living

How successful are your friendships?

Everyone wants and needs friends. You *want* people to like you, to include you in their activities. But maybe your friendships aren't as satisfying as you would like them to be. Maybe you feel you don't have any really *close* friends, or that you would like to make some new ones. You're not alone if you have some of these problems. A recent survey of 15,000 teen-agers showed that:

- 54% want people to like them better
- 50% want to make new friends
- 42% wish they were more popular

This booklet will show you what qualities are important in making friendships more satisfying and lasting. There are tips on finding and choosing friends. You'll learn about different kinds of friends and what each has to contribute. There is also helpful information on the friendships it's wise to avoid. Once you know the do's and don'ts of friendship, the rest is up to you. You can *be* a better friend and *have* better friends.

Cover Photo: Jr. Red Cross

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by

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Why think about friendship?

MOST of us are apt to take our friends for granted. They're people who belong in our lives, like our parents and grandparents and cousins. For everyone has *some* friends, although they vary in number and in kind.

We may not realize it, but our friends play an important part in our lives. That's because we're very social animals. We weren't meant to exist all by ourselves on individual desert islands. We *like* to live with others like ourselves. We *need* friends to listen to our tales of woe, to give us encouragement and approval, to share our joys and our activities. Besides, life is more interesting when it's an exchange of ideas and experiences—not a one-man operation.

Getting along with friends

Because friends are so important to us, we want our friendships to be successful. In other words, we want to *have* good friends and *be* good friends. We want to have satisfying relationships with others.

You may feel that getting along with people and making friends is no problem at all. Why worry about it? You've lived with people all your life, and you have lots of friends—Jennifer, your Sunday school teacher, the boy next door, Uncle John, and many others.

But can't you remember times when you've said or done something, without meaning to, that nipped a perfectly good friendship in the bud? Maybe it was a thoughtless act or a broken promise. Perhaps it was a foolish argument—you were wrong, but too proud to give in.

Perhaps your friendships aren't as satisfying as you would like them to be. You may feel that you don't have any really close friends, or that you haven't as many friends as you would like.

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Most teen-agers are concerned with being popular and well liked. Aren't you a little envious occasionally of Eleanor, who is always being elected to class offices, asked to join clubs, and invited to every important affair? If you're like most young people, you too want to make new friends and to rate a little better with those you already have. But all this doesn't "just come naturally."

What about you?

Stop for a moment and take inventory of *your* friendships.

- How many close friends do you have?
- How many new friends have you made in the past year—people whose company you really enjoy?
- Are you always ready to make a new friend?
- How many "old friends" do you have?
- Why are you interested in your closest friends?

In fact, just what does friendship mean to *you?* Have you ever thought carefully about how you can improve your relations with others? You spend hours thinking about your wardrobe. You devote years to studying mathematics and English grammar and planning on what trade or profession you'll enter when you finish school. Yet you probably have never sat down to think about the friends you have, those you'd like to have, and most important, what you can do to become a better friend.

A friendship checklist

Here is your chance to do some thinking about friendship. Listed below are a number of questions to get you started. Check the box marked *yes* or the one marked *no* for each question. Answer as honestly as you can.

	YES	NO
1. Is your main feeling toward your friends one of affection rather than superiority or envy?	☐	☐
2. Do you enjoy the successes and achievements of your friends?	☐	☐
3. Do you stick up for your friends and defend them from the unkind words or acts of others?	☐	☐

4. Do you go all out for your friends in times of difficulty, and offer sympathy and understanding when needed? ☐ ☐

5. Do you always keep confidences? ☐ ☐

6. Do you stand by your own convictions and opinions, and respect those of your friends? ☐ ☐

7. If you promise to do something, do you *always* follow through? ☐ ☐

8. Do you try to prevent outbursts of anger and thoughtless remarks, and follow them with sincere apology if they do occur? ☐ ☐

9. Do you think of considerate things to do for your friends—praising a new dress or an A in algebra, showing appreciation for a favor, remembering birthdays? ☐ ☐

10. Are you as courteous to your friends as you are to casual acquaintances? ☐ ☐

Improving your score

If you could truthfully answer *yes* to most of these questions, you probably don't have much to worry about in the friendship line. Nevertheless, there's probably no one in the world who wouldn't like to do a *better* job of making and keeping friends. And there's no one who can't do a better job of it if he really tries. (This should be encouraging if you came out with a lot of *no's.*) You can improve your score!

The first step is to learn just what things are important in friendship. Then you can learn to make new friends and to get along more successfully with those you already have. This booklet will give you the facts you need—from there on it's up to you!

II

What is friendship?

WEBSTER says a friend is "One attached to another by esteem, respect, and affection."

No one would disagree with that. But if you think about it for a moment, you'll realize that friendship involves a great deal more, too. It's important to know just what things make up a satisfying friendship if you want to have good friends and be one yourself.

Although there are many different types and degrees of friendships, certain traits or qualities are important in all of them.

Sincerity first

You probably know people who always seem to be "acting." They can't behave naturally. They exert a constant effort to appear to be something that they're not. Such individuals are usually trying to make a good impression, although most of the time they fail to do so. The result is that they can't really make friends, because they don't let anyone find out what they actually think or are. And how can you be friends with someone you don't know?

"This above all: to thine own self be true," is one of the most famous lines in English literature. It means: Be honest with yourself and live up to your standards. If you're true to yourself, you represent yourself honestly and fairly to other people. In other words, you are *sincere*; you mean what you say and do, and never pretend to be something you're not.

Sometimes people are not sincere in their motives for friendship. You've probably run across someone like Harry, for example. You liked him pretty well until you discovered that he was more interested in borrowing your bicycle than he was in you. People like Harry are out to "use" their friends.

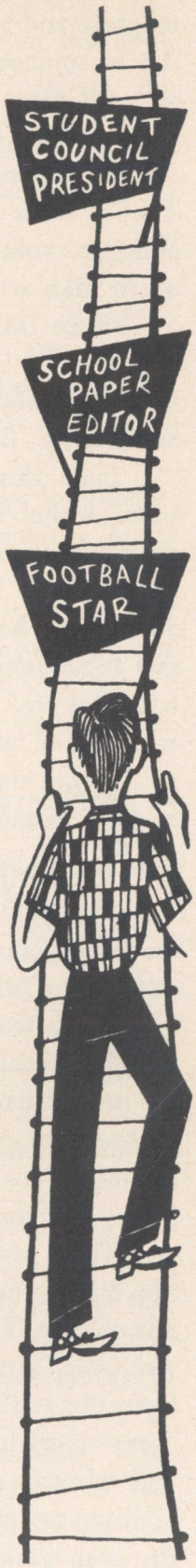
Social climbers fit into the same category. They try to attach themselves to individuals who have a lot of money or who go around with all the "right" people. Anne McDonald, for instance, moved to town last year and tried to become friends with only two girls in her class—Beth, the president of the student council, and Janet, the editor of the school paper. Anne, like Harry, was not being sincere in her friendships. She was interested in being friends only with people she felt could do something for her.

Honesty is a part of sincerity, too. It means that your word is good. Furthermore, it means that you stand up for your own opinions and ideas; you don't shift ground just to flatter or make an impression on the person you happen to be with. Jane agreed that the movie you both saw last night was boring, because that was what *you* thought. But this morning you overheard her discussing the same movie with Phil. "Gee, that picture was terrific!" Phil said. To your surprise, you heard Jane agreeing enthusiastically with him. She wasn't being sincere. The chances are that when it comes to really important things, Jane also behaves like a chameleon, changing color to match the opinions of every new companion.

Tried and true

Water faucets and electric lights can be turned on and off with the flip of a switch. But friendship isn't like that. You don't put it on when you're with a person and then forget it when you're not. When your friends are in trouble, you come promptly to their assistance—without waiting to be asked. And your friends know you will say nothing behind their backs that you wouldn't say to their faces. All this goes to make up *loyalty*.

Mary Ellen, Nancy, June, and Phyllis were all close friends. One noon when Mary Ellen joined June and Phyllis in the school cafeteria, she found them talking about Nancy. "She got another *A* in physics," June said. "If you ask me, it's because she always stays after class to talk to Mr. Adams." Phyllis agreed. But Mary Ellen



Social climbers want only the "right" people for friends.

laughed and said, "That's not the reason. Nancy's smart. She *always* gets *A's* in science."

All three of the girls considered themselves friends of Nancy. Yet, of the three, only Mary Ellen was loyal.

Isabel and Bonnie illustrate a more complicated problem in loyalty. They'd been friends ever since first grade. They played together as children, volunteered for the same committees in junior high, and later on in high school often double-dated.

Since Isabel came from a well-to-do family, she had a car of her own and as many new clothes as she wanted. Bonnie, on the other hand, lived in a very modest home, and while her family was well thought of in the community, they didn't have much money.

Such things didn't make much difference in their home town, but when Isabel and Bonnie went away to the same college, the situation changed. Isabel joined a sorority and led an active social life, while Bonnie, who had a scholarship, waited on table in order to make ends meet. Since her new circle of friends didn't associate with the non-sorority and scholarship students, Isabel no longer cared to keep up her friendship with Bonnie. She was afraid her new friends wouldn't approve and she cared more about their friendship than about Bonnie's.

Isabel was loyal only as long as there were no problems involved in her old friendship. When it came to the test, she was a poor friend.

Can you keep a secret?

Paul told Bob in confidence that he hoped Alice would invite him to the Sadie Hawkins dance. When he discovered that the news had gone straight to Alice, not only was he embarrassed, but he felt that Bob had betrayed a trust.

This business of confiding hopes and troubles is one of the reasons we need friends. We can't keep everything to ourselves; even the most independent person has to get problems and worries off his chest once in a while. Two can carry a load better than one. But confidences should go no further. So it is important that our friends be *trustworthy*.

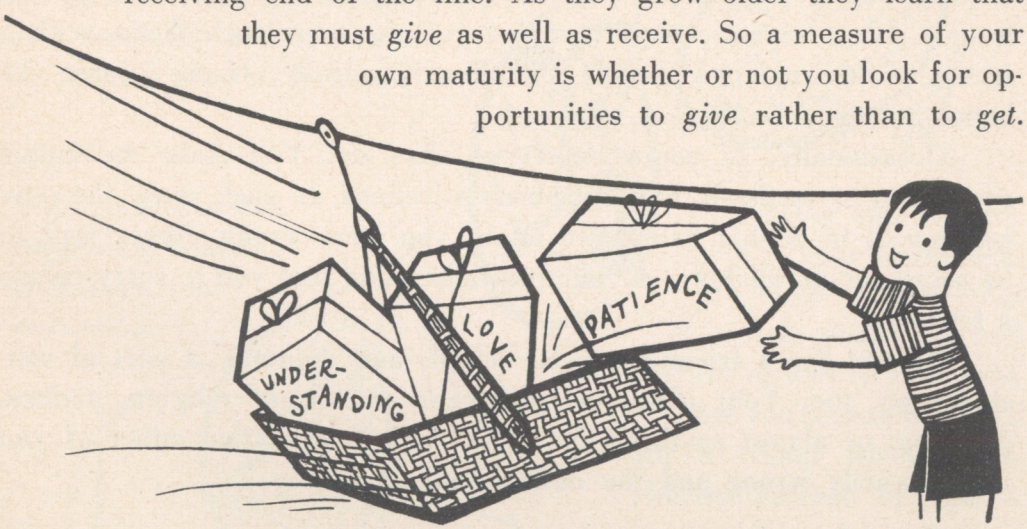
There was once a lady who lost her dog—a harmless little Pekinese. She told a neighbor about it, and the neighbor passed on the story—with one change. The Pekinese became a Great Dane. By the time the afternoon was over, a rumor was circulating around town that a lion had escaped from the zoo! The same thing often happens when something is repeated "very confidentially" by several people. The story becomes distorted and almost unrecognizable. When you pass on a friend's secret, in addition to spreading confidential information, you may be doing him the even greater injustice of starting a vicious and false rumor!

Being trustworthy, of course, involves a great deal more than just keeping confidences. It means that if you say you'll appear at the gym at 8:00 on Friday morning to help with the decorations for the prom, you show up without fail—even if it means forfeiting that extra hour of sleep. And if you promise to pick up the scripts for the school play at the library, you *do* it—even if something more exciting comes up.

The shirt off your back

Friendships pay rich dividends, but only if you invest your time and energy and, on occasion, money. For your real friends you are glad to give any or all of these things—because *generosity* is an important part of friendship. It means a generous giving of yourself—in sympathy, understanding, and thoughtfulness.

Maybe you've never really learned to enjoy doing things for others. If you haven't, the chances are that you are not mature enough to make close friends. Babies and very young children always want to be on the receiving end of the line. As they grow older they learn that they must *give* as well as receive. So a measure of your own maturity is whether or not you look for opportunities to *give* rather than to *get.*



As young children grow up, they must learn to give as well as receive.

Generosity often may involve some sacrifice on your part. You may have to decide between giving a present to your best girl on her birthday and buying that new record album you've been wanting. Or you may have to postpone seeing that terrific new movie if your friend needs help with his French lesson. Helping out a friend may mean giving up something specific that you want yourself.

You've probably heard the expression, "going the extra mile." That means seeing little things that you can do for other people—and then going ahead and doing them without being asked. Louise might not have

noticed if you *hadn't* offered to lend her your record player for the party. But she appreciated your offer all the more because it was spontaneous.

Careless words

Jack and Joe were pals until one afternoon when they were having a bull session after football practice. Jack carried frankness too far when he told Joe he just couldn't stand his "nasal" voice. "You ought to see a doctor and get your voice lowered," he said bluntly. Joe's difficulty, however, happened to be a speech defect that couldn't be corrected, and he had seen not one but many doctors. Since he was sensitive about the subject, he'd never mentioned it to Jack.

When Jack learned the truth, he apologized. But his thoughtless remark damaged his friendship with Joe, for *consideration* is essential in friendship. If you are considerate you guard against thoughtless words or acts. You don't take advantage of friendship by being tactless and critical. You wouldn't tell a casual acquaintance that a dress or a hair-do is ugly. It's even more important that you don't use such tactics with a friend. Criticisms can usually be offered tactfully. If they can't, it's better not to make them at all.

Occasionally, of course, everyone slips up. You make an unfair accusation or tactlessly hurt somebody's feelings. In such cases, the only solution is to be big enough to admit you were wrong. Never wait to be asked for an apology. A voluntary admission that you're sorry means a lot more.

Respect for a friend's moods, beliefs, and opinions is part of consideration, too. Your ideas may differ on matters of religion, politics, drinking, or almost anything else. This doesn't mean that either of you is necessarily wrong and the other right.

A vote for Emily Post

Courtesy is often thought of as a matter of stiff formalities—standing up at the proper times, lifting your hat to a lady. Actually, courtesy is more than just social routine; it is a basic form of consideration. It's a way of giving other people pleasure and of making them feel at ease.

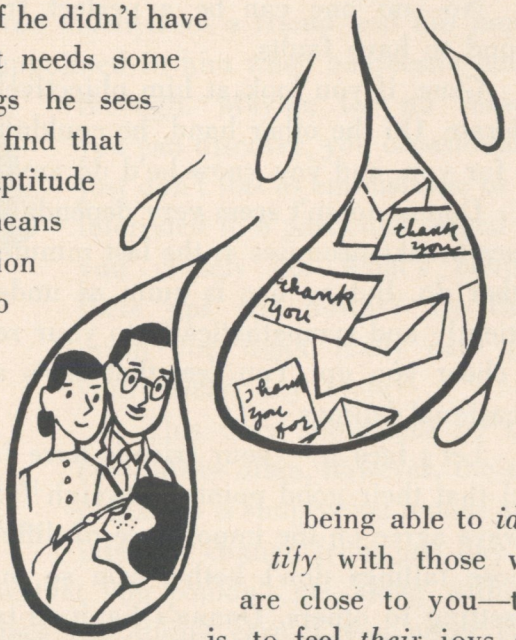
For example, do you ever tell your parents that you appreciate the new watch, the increase in allowance? Or do you tell them occasionally that you think they're pretty swell? Have you ever told a teacher you enjoyed his class? When Carl made that terrific speech at assembly, did you tell him how good you thought it was? Do you ever go out of your

way to remember old friends and send them a greeting at Christmas time? Do you faithfully write thank-you notes for gifts?

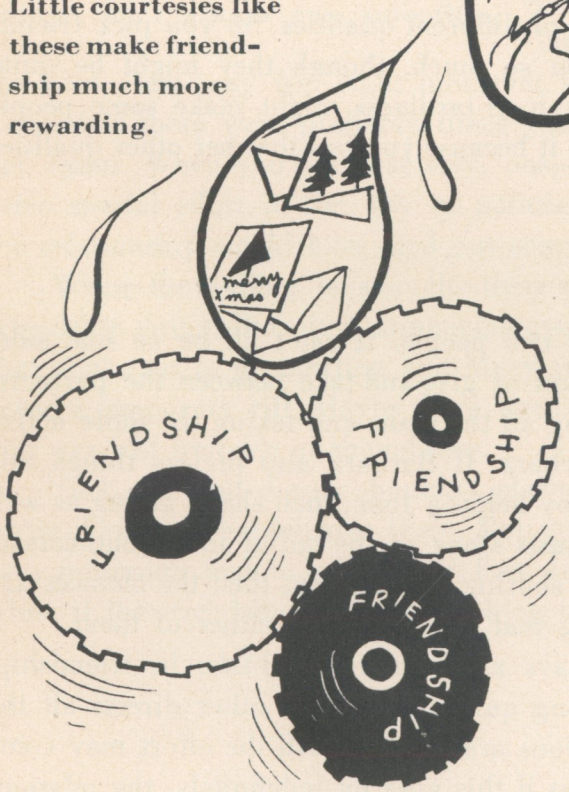
Small courtesies like these don't take very much time or energy, but they do a great deal to oil the wheels of friendship.

The capacity to love

A violinist wouldn't get far if he didn't have an aptitude for music. An artist needs some talent for translating the things he sees around him onto canvas. You'll find that friendship requires a particular aptitude too—*the capacity to love.* This means the ability to feel genuine affection for someone and the capacity to give sympathy and understanding to that person. It means being able to *identify* with those who are close to you—that is, to feel *their* joys and sorrows as well as your own.



Little courtesies like these make friendship much more rewarding.



Are you sincerely pleased for a friend when he achieves success or has a stroke of good luck? Suppose you've been hoping for weeks that you could go skiing one weekend during Christmas vacation. When the time comes, your parents decide against letting you go—but Jim's plans for the same weekend *do* work out. Are you happy for him, even though you can't go yourself?

The capacity to love, unlike musical ability or artistic talent, is an aptitude that isn't limited to a few people. Almost everybody has it to some degree. Just how much you have depends on a lot of things, which we'll discuss further in Chapter 4.

Everybody has faults

All these ideal qualities so important to friendship are fine. But, you've probably been thinking, nobody has all of them.

No—no one can be a perfect friend. Friends, being human, are bound to have faults.

Gene, if you look at him objectively, is often thoughtless and inconsiderate. On the other hand, he couldn't be more loyal. He always stands up for you, and you know he'd do anything in the world for you.

Donna doesn't seem very dependable. She's always late and she sometimes breaks promises at the last minute if something comes up that she'd rather do. But no one is quite as understanding as Donna. She'll listen patiently and sympathetically to your recitals of woe and will do her best to cheer you up. You feel that she's a good friend to you despite her occasional failings.

Let's face it — your friends have faults like everybody else. But you feel that their good points outweigh their faults. Of course, people don't always agree on the importance of different qualities. So *you* pick friends whose failings don't bother *you* so much, though they might be quite upsetting to others. Donna's habitual tardiness might make some people dislike her intensely. You accept it because you feel that her other qualities are more important.

Give-and-take

Friendship always involves two people. It can't all be on one side. There has to be a certain amount of give-and-take between the partners.

Perhaps Joan enjoys making all the plans and taking the more active part in her friendship with Barbara. If Barbara also prefers things this way, and contributes her share by helping Joan, then she is giving as well as taking. But if Barbara just coasts along on the tail of Joan's enthusiasm and ambition, never helping or sharing in anything, then the chances are that the friendship is not giving real satisfaction to either of them.

Of course, there isn't always an even give-and-take in friendship. Sometimes one person goes along quietly while the other directs all the activities. Other times the positions are reversed. All the effort may come from one person *for a while.* But if this goes on indefinitely, the relation-

ship isn't likely to last. For a friendship to be satisfying to both parties, each must get something from the other.

Friendship may have ups and downs; things don't always run smoothly.

Ups and downs

Even though two friends have all the ingredients for a successful relationship, there are bound to be some ups and downs. Things will not always run smoothly. Sometimes you expect too much from a friend and are impatient or disappointed in him when he doesn't come through. Maybe, for no reason you can discover, you occasionally just don't feel as enthusiastic or as interested in a particular friend as you usually do. What's behind these ups and downs? Do they mean you don't really care for your friend any more?

This may sometimes be the case. More often, however, the explanation is simply that moods and interests change from one day to the next. You may feel right now that you couldn't get along without Celia, but there were probably times you didn't care if you never saw her again. When you felt that way, one—or both—of you had to exert some special effort in the way of patience or thoughtfulness. Otherwise the relationship would have died out completely.

When the sailing is smooth, there's no problem about keeping a friendship going. But often arguments over such simple things as the fact that you want to go bowling and Mary wants to go to the band concert cause a temporary rift. Maybe there wasn't a real argument at all; one of you was just irritable or thoughtless.

Such ups and downs shouldn't alarm you if they happen once in a while. Everyone experiences them. But you can learn to keep the downs at a minimum and to administer first aid when they occur. It's worth while if the friendship means something to you.

III

Different kinds of friends

IF someone were to ask you who your friends are, you probably would answer: "Why, the people who are closest to me, like Marge or Judy. We're together all the time." Or: "Bud is my best friend, but there are a few other fellows I pal around with, too."

Most of us are apt to think in terms of our closest friends. But actually, if you stop to think about it, you have many different *kinds* of friends. And different people mean different things to you. The one thing they all have in common is the bond that holds them to you.

Friends fill various needs

Every individual has something unique to offer as a friend — and no two people ever offer quite the same thing. Therefore you have different friends for different reasons. Your friends fill your own personal needs. Each one provides you with some kind of satisfaction. No friendship is exactly like any other, or is valuable for exactly the same reason.

When you stop to think about what a complicated mechanism a human being is, it isn't difficult to understand why you have so many needs in friendship, and why you have so many different friends to fulfill these needs.

Think of all the changes that have taken place in your life since you were born. When you were small, you wanted friends with whom to build castles in the sand, to play house, or to roller skate. When you were older, you needed friends who would share your new interests—stamp collecting and photography and model airplanes.

As your interests and ideas change, so do your friends. Your closest friends now probably aren't the ones you had in the fifth grade. There may still be a few that you see once in a while, but for the most part you probably associate with a different group.

Your circle of friends will always be made up of many different kinds of people.

Of course, your interests and friendships change most rapidly while you are growing up. As you mature, your interests will become more settled and your friendships will probably become more permanent.

All through your life, however, you will have a circle of friends made up of many different kinds of people. Let's consider who these people are likely to be.

The counselor friend

One important requirement of a close friend is that he be a good listener, someone to whom you can tell your troubles. But there are times when you need more than just a listener—you need an adviser.

Usually an adviser or counselor is someone older and more experienced than yourself. The first friends of this kind that you had were your parents—you ran to them when you cut your finger, when you had a fight with Johnny, and when you wanted to know what dress to wear to a party.

But your parents aren't the only adviser friends you have. There may be things you can't or don't want to tell your parents. Then you turn to someone else—a teacher, your minister, your scoutmaster, or an adult friend. Perhaps you need advice on a particular subject on which someone else is better informed than your parents. You consult a teacher to find out how to plan your high school course. For advice on diet or skin care you may consult a family physician or the school nurse. Or you may have a personal problem that you can't solve by yourself, in which case you might turn to a school counselor or your minister.

Sometimes young people have more serious problems of personality that they can't cope with by themselves, and they may consult a professional counselor—a psychologist or a psychiatrist. These "experts" are trained to help people solve their problems.

Only a small percentage of people actually need professional counsel. But nearly everybody turns to a friend for help when a situation is especially difficult.

Associates

Every day you rub elbows with a number of people who live near you, go to school with you, or belong to the same clubs you do. You see the postman, the family grocer, and the cleaner with regularity.

Much of the satisfaction of life depends on how well you get along with all these people. It's true that most of them remain only acquaintances. But some become friends, and a few may even become close friends.

Acquaintance and friendship with these people depend to some extent on the fact that they live near you or are in your classes at school. When they move away or transfer to another school, the friendship probably fades out—it may continue, but the chances are it isn't quite as strong.

When you were seven, your constant companion was Don, who lived next door. You rode your tricycles and played cowboys together. You two knew everything about each other. Then he moved to another part of town, and you hardly ever saw him. Soon Don's place was taken by Allen, whose family moved into the next block.

The old saying that "absence makes the heart grow fonder" usually isn't true. For a while you miss a friend who moves away, but you quickly form new friends to take his place.

Long-standing friends

The temporary nature of most friendships may seem rather discouraging. But don't get the idea that friendships *never* last. People do come and go in your life, but now and then one remains to become an old, valued friend.

Long-standing friends are important people to you. They are among the "tried and true" in whom you have invested a large amount of affection and trust. Naturally you want to keep up friendships like this; as you grow older you will value them more and more.

Mutual interest friends

One of the most common bases of friendship is a mutual interest in some hobby or sport or other activity. For example, Brad is a very good

friend of yours. You spend at least three afternoons a week together. Usually you compare notes on your photography equipment, walk leisurely home from school with an eye cocked for likely pictures, or pore over sensitized paper together in the darkroom.

Nan and Earl didn't notice each other especially until one night when the crowd had gathered at Nan's house for an after-movie snack. Somebody brought out the phonograph and started playing records, and in the course of the evening Earl discovered a wonderful collection of classical music on the record shelf. Earl had always loved classical music and had quite a record collection of his own. From that time on he and Nan spent many happy hours together listening to records.

A mutual interest—whether it's stamps or football or western movies —draws people together. It gives them something to talk about and do together. Many firm and lasting friendships result from shared interests.

Opposites attract, too

"Opposites attract" is an old saying that often holds true. Blondes may sometimes prefer blondes, but just as often the blonde is more attracted by the brunette. An individual interested mainly in ideas may be drawn to someone with a practical approach to things. A quiet, retiring fellow may be devoted to someone who is lively and talkative.

Just as you choose some friends who are like yourself—because you admire qualities that you both have in common—you choose others who are different from yourself. You may admire some traits that you feel you lack—and choose friends who have them. In such cases your friends complement your own personality.

You may choose friends who are very different from you, who complement your personality.

The idealized friend

Have you ever wondered why Wendell and Bruno get along so well together? Bruno is the captain of East Side High's football team, and is always at the head of the class. He seems to be a big success at everything he

tries and people flock around him just so they can shine in his reflected glory. Wendell, on the other hand, is such a shy boy that he just fades into the background, no matter where he happens to be. You'd never notice him in a crowd.

In spite of the many differences between these two boys, they are fast friends.

Wendell is always there when Bruno needs a hand with his football equipment in the locker room, and he volunteers with the family car when Bruno is without transportation. Just to be able to say, "I know Bruno very well," makes Wendell feel important.

Bruno is an "idealized" friend of Wendell. Everyone idealizes certain people he knows. You may feel that way about a favorite teacher or the star dramatic student. You value certain of their qualities so highly that you consider them "ideal" individuals.

The befriended one

The same situation works in reverse, too. Look at the Bruno-Wendell friendship from Bruno's point of view for a moment. Since he really likes his friend, Wendell couldn't be called just a tagalong or a hanger-on. Bruno values Wendell's praise and admiration—who wouldn't? But, what is more, he's taken the time and effort to really get to *know* Wendell—something few of his classmates bother to do—and has found that Wendell's knowledge of mechanics, and his ability to take a motor apart and put it back together again, entitles him to considerable admiration and respect.

A special effort is required to be a real friend to someone who is shy, or who doesn't make friends easily, or who is new in school or in the neighborhood. It's so much easier just to brush him aside and let it go at that. But it is just such friendships that are apt to yield particularly rich rewards. The "unknowns" are often individuals that cause people to say, "No, he doesn't make a very good first impression, but he's terrific after you get to know him."

On occasion, try building a new friendship. Remember that there are always others who are shyer than you, or who know fewer people than you, who would warmly welcome your friendship.

Family friends

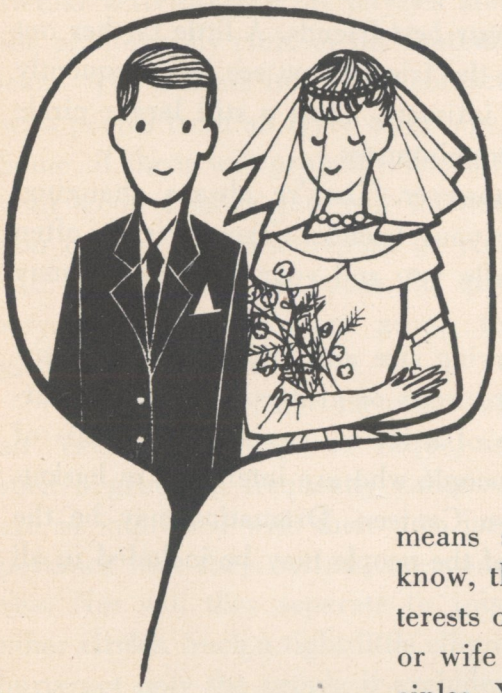
The Thompsons and the Bonners had always been close friends. They played bridge together and exchanged dinner invitations, and occasionally took weekend trips. When the Bonners had children, they too were included in the family friendship.

Young Ken Bonner always regarded Mrs. Thompson as a very special

friend. She was the person he would often go to when he wanted to talk over his troubles—she was a kind of counselor as well as a family friend.

Such individuals might be called "parental" rather than "family" friends. Because they are friends of your parents, they also become interested in you. They are concerned with what happens to you and how you are getting along. Even though they are much older than you, they may be among your most valuable and dearest friends.

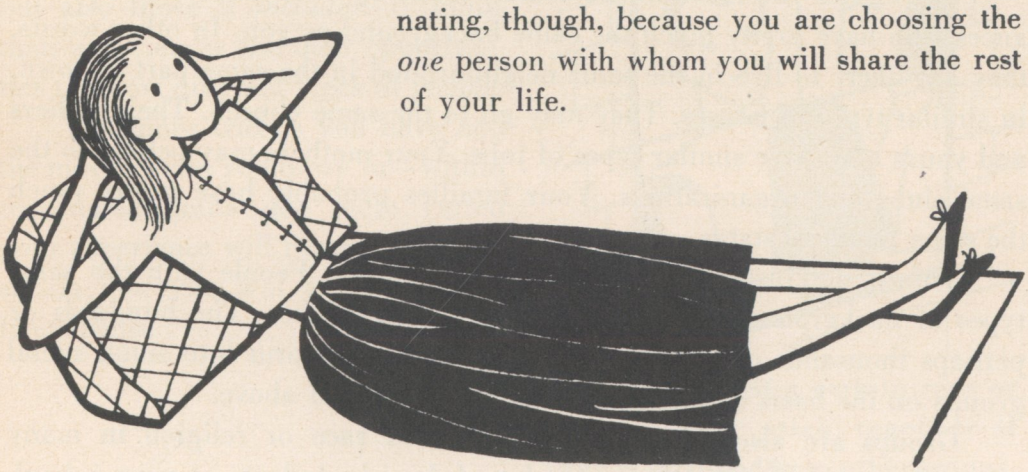
To keep such people for friends, of course, you have to make some contribution to the relationship yourself. Don't just coast along on their interest in you—show that *you're* interested in them, too.



Husband or wife

The chances are you've never thought of marriage as a *friendship*. It's surrounded with such an aura of romance that it seems, from a distance, like a magical state of existence, totally removed from the demands of everyday companionship or friendly give-and-take.

Marriage *is* a friendship, though—the closest one possible. The process of choosing friends means selecting, out of all the people you know, those with whom you have mutual interests or attraction. The choice of a husband or wife is guided by most of the same principles. You have to be much more discriminating, though, because you are choosing the *one* person with whom you will share the rest of your life.



Your marriage will be the closest and most important friendship in your life.

Marriage, more than any other friendship, requires loyalty, consideration, generosity, give-and-take, and the ability to love. But since marriage is a very *special* kind of relationship, both partners must assume responsibilities for each other that go far beyond those that either one has toward other friends.

Circles of friends

Together, all these people—long-standing friends, associates, counselor friends, and the many others we've mentioned—make up a series of circles, your circles of friends. If you drew a diagram of the circles, you'd come out with something like the waves that surround a pebble when you throw it into a pool of water. The first circle is nearest you and very small—it takes in the people who are your *best* friends. A little farther out is another ring that's larger—in it are the friends you see less frequently and with whom you are not quite so intimate. Then a still larger circle takes in all the people who are just acquaintances.

These circles don't remain set, however. They're always changing. People you know only slightly become your friends. Casual friends often become much closer to you. Occasionally you and your best friends may drift apart.

Besides these major circles of varying size and importance that surround you, you belong to various other circles or groups. You know yourself that any school group is made up of a lot of overlapping groups of friends. One circle may be formed of people who are interested in basketball. Another develops through a Teen Canteen. Dramatics may be the basis for a still different circle. Some of the people may be included in all three.

How circles form

The circles you move in are usually made up of friends and acquaintances who have pretty much the same background as you. In other words, they are likely to live in the same neighborhood in the same part of town, in similar types of houses. They may go to the same church. Their fathers and yours may have similar types of jobs. Your mothers may belong to the same clubs and organizations. Your families probably have pretty much the same financial status.

This is not just an accident or a coincidence. People with the same types of background tend to associate with each other. The hundreds or perhaps thousands of young people in your school form into small social groups on the basis of the similarities we mentioned above.

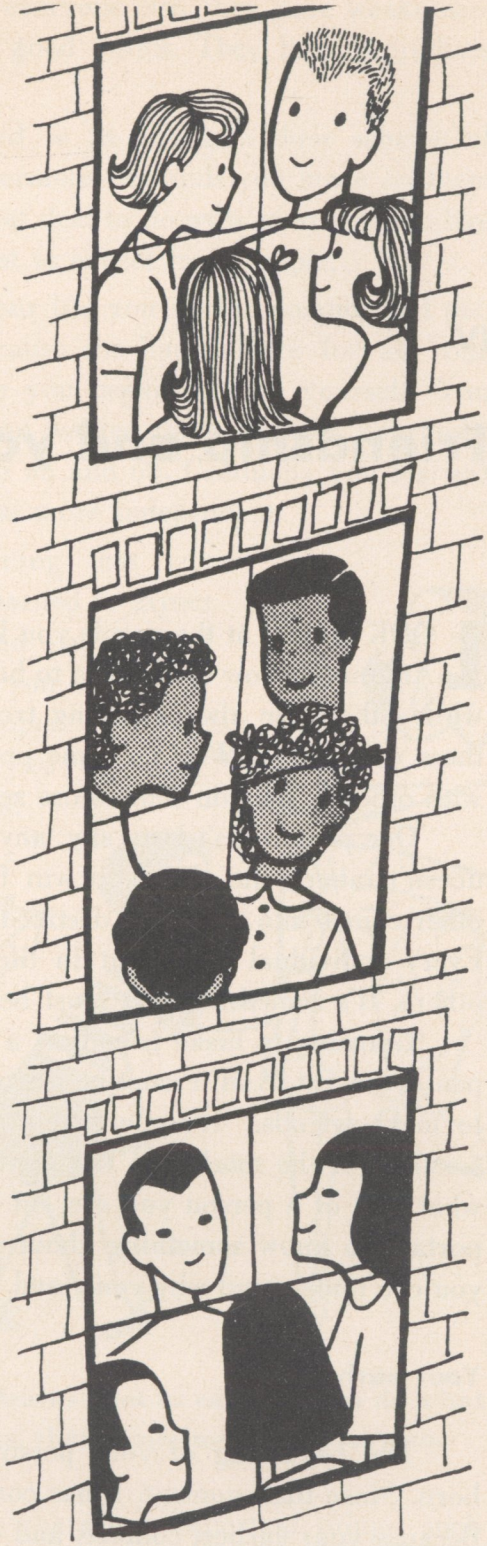
Groups are also formed on the basis of race or religion in many cases. For example, if there are a lot of Jewish students at your school,

they are likely to form groups of their own—many times because they are excluded from other groups. Sometimes Negroes or Japanese students are not included in the groups formed by white young people, but must form their own.

This doesn't mean that you will not be included in any groups but those made up of people just like you. In your many school and extracurricular activities—in the physics lab, the photography club, or the football team—you'll come into close contact with people from all types of groups. Some of them will probably become your good friends and will include you in their social activities, or you will include them in yours. In this way, people move from group to group.

Unfortunately, the members of an "exclusive" group—or clique, as such a group is frequently called—are so impressed with their own importance that they exclude everyone else. Nor will they separate to join other circles. Such a tight little clique hurts not only the people it excludes but also those it *includes*. It limits their experiences and their opportunities to know different types of people.

The more friends you have and the more circles you move in—within reasonable limits—the more varied your experience will be and the more satisfaction you will get from your friendships.



Young people of a certain race or religion may stick together if they're excluded from other groups.

IV

Friendship and your personality

LOOK around at the people you know. Notice how different each one is. And notice how some seem to have a gift for getting along with people, while others are always having trouble. You may wonder what's behind these differences. Why do some people have the ability to get along well with others? Why do some score zero in their relations with people?

One person isn't born shy, any more than another is born bossy. One doesn't inherit the ability to win friends and influence people, while another comes into the world destined always to say and do the wrong thing. Every individual starts out in life not knowing how to get along with others. It's something that must be *learned.*

Learning to make friends is a matter of *development.* It doesn't happen overnight. And it can't be learned in one easy lesson labeled, "learning to make friends." It's one part of the over-all development of your personality, of the *total you.* The way you get along with people depends on what sort of a person you are, on your particular personality. So it's important to know something about personality and how it develops. Then you can understand why you—and your friends—act the way you do.

Your early life

The beginning of your personality goes back to the day you were born. Since that moment, it has constantly been developing and changing. Because your earliest contacts and experiences were with your parents, the part they played in your life has had a strong influence on the kind of person you are now.

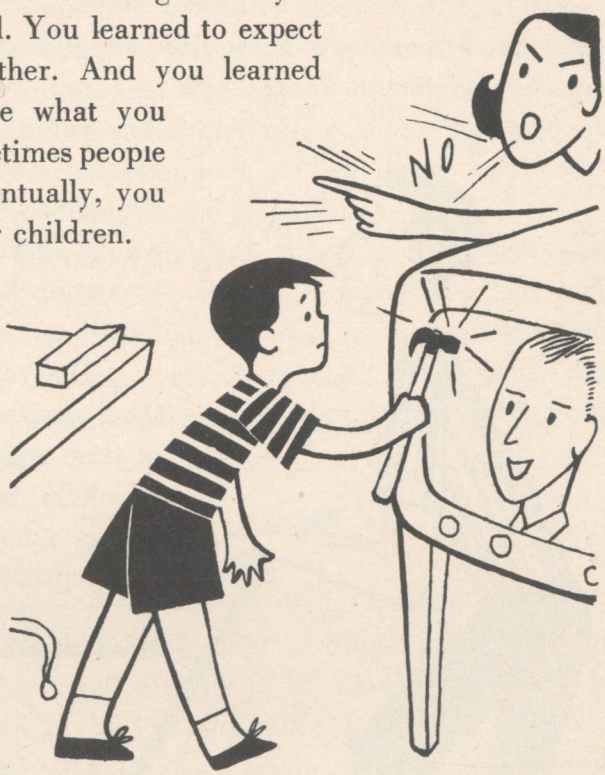
When you were born, you were a helpless infant. Your mother and father looked after you to the best of their knowledge and ability. But

your parents are people, too. And like everyone else, they have weaknesses as well as strengths, faults as well as good points. They have prejudices and beliefs, likes and dislikes.

When you came along, they tried to fit you into their scheme of things. The way they reacted to the enormous demands you made on them —the way they treated you—has a great deal to do with what you are like now. From them you first learned what to expect from people.

During the first few months of your life you could demand, and get, your mother's complete attention, because she had to care for all your needs. But that didn't last long. Soon you began to help yourself. You learned to pick up your toys when you wanted them, to hold your own spoon when you ate, to pull your shoes on and off. Gradually you learned to talk, to walk, to dress yourself, to be more independent.

Meanwhile you were also learning that you weren't the center of the world. You learned to expect less attention from your mother. And you learned that you couldn't always have what you wanted. You learned that sometimes people would say *no* to you. And, eventually, you learned to get along with other children.



A child learns that he can't always do what he wants, that sometimes people say *no*.

Learning to share

One situation that everyone has to learn to adjust to in growing up is the necessity for *sharing*. Since none of us live alone in the world, we all must learn to share if we are to get along with others. How well our parents teach us this lesson is important.

The small child must first learn to share his mother and father with his brothers and sisters. He also learns to share less important things, such as toys and clothes and privileges. Gradually he learns to extend his sharing to others outside the family, to his playmates. As he grows older, he learns to share things with his friends. This is necessary if he is to get

along well with people. And he enjoys doing so, *if* his parents have taught him how.

Accepting responsibility

Let's take another example of learning to get along in the world. Remember how, in grade school, your days were all arranged for you? Almost everybody took the same course, read the same books, and had the same assignments. You didn't have to make any plans yourself.

Then came high school, and you discovered suddenly that it was up to *you* to choose your courses and your activities. Getting your work done became a more individual responsibility too. No one stood over you and *made* you read a chapter a week in your history text. But you discovered that exams would catch up with you sooner or later, and that it was to your advantage to keep up with your studies.

Your reaction to these new demands on you had a lot to do with the way your parents taught you to accept responsibilities as a child. Take the matter of household chores. If your mother made it clear to you that drying the dishes and keeping the snow shoveled would be *your* jobs, you probably learned to accept them as your contribution to the family group.

The young person who learns through the years that he must contribute his share of time and effort to the various groups to which he belongs—whether it's his family or his school or a social group—will be better prepared to get along with others.

If you have learned to accept responsibility, you will be better prepared to get along with others.

How discipline affects you

How we learn to accept discipline and to discipline ourselves is important in our relationships with other people. Tony, for example, never learned what rules and regulations meant. His parents made rules for him, but never enforced them. If his curfew hour

was supposed to be 11:00 and he came home at 12:30 his mother reproached him and let it go at that. If he went off to play softball when his father had asked him to mow the lawn, the matter was usually ignored.

As a result, Tony never learned to observe rules of any kind. He couldn't see why it was important to obey the regulations of baseball or football. And it never made much difference to him when he arrived an hour late for an appointment or a date—no matter how many people were kept waiting. As a result, Tony was completely unreliable, and people felt that if he didn't care enough about them to be considerate and dependable, they didn't want anything to do with him.

The center of the stage

Some young people have difficulty in getting along with others because they never learned how to give as well as to receive.

Mrs. Donovan thought her daughter Maureen was the most unique child that ever existed. From the moment she learned to talk, Maureen's "clever" remarks were repeated at all social gatherings, including those at which she was present. Everyone always had to hear how wonderful Maureen was, and how clever and bright and beautiful.

It wasn't surprising that Maureen grew up thinking the world was her oyster without even a stray pearl left over for anybody else. She had always been the center of attention at home and saw no reason why she shouldn't continue to get star billing everywhere else. As a result she was unpopular with others because she thought only of *her* wishes and *her* welfare; no one else counted.

Your ideas and attitudes

Every individual has his own ideas, his particular beliefs and opinions, and his special ways of looking at life. But he didn't pick them out of the air. Many of them can be traced directly to his parents.

Take religion, for instance. You're probably Protestant if your parents are Protestant, Catholic if they are Catholic. If they are devout in their religion, you probably are too. If they have never discussed religion with you or taken you to church, your notions on the subject are probably very hazy.

In the same way, the feelings our parents have about such things as politics and drinking and people of other races and religions affect the way we feel on these matters and what we do about them. In other words, our parents pass on to us many of their prejudices.

Our attitudes toward *ourselves* are also strongly influenced by our

relationships with our parents. If a person is resentful and bitter, it may be because unconsciously he feels that as a child he was cheated out of the affection he wanted and needed. If he is meek and retiring, perhaps he was criticized so often that he has given up ever trying to assert himself about anything—he's too afraid of being slapped down.

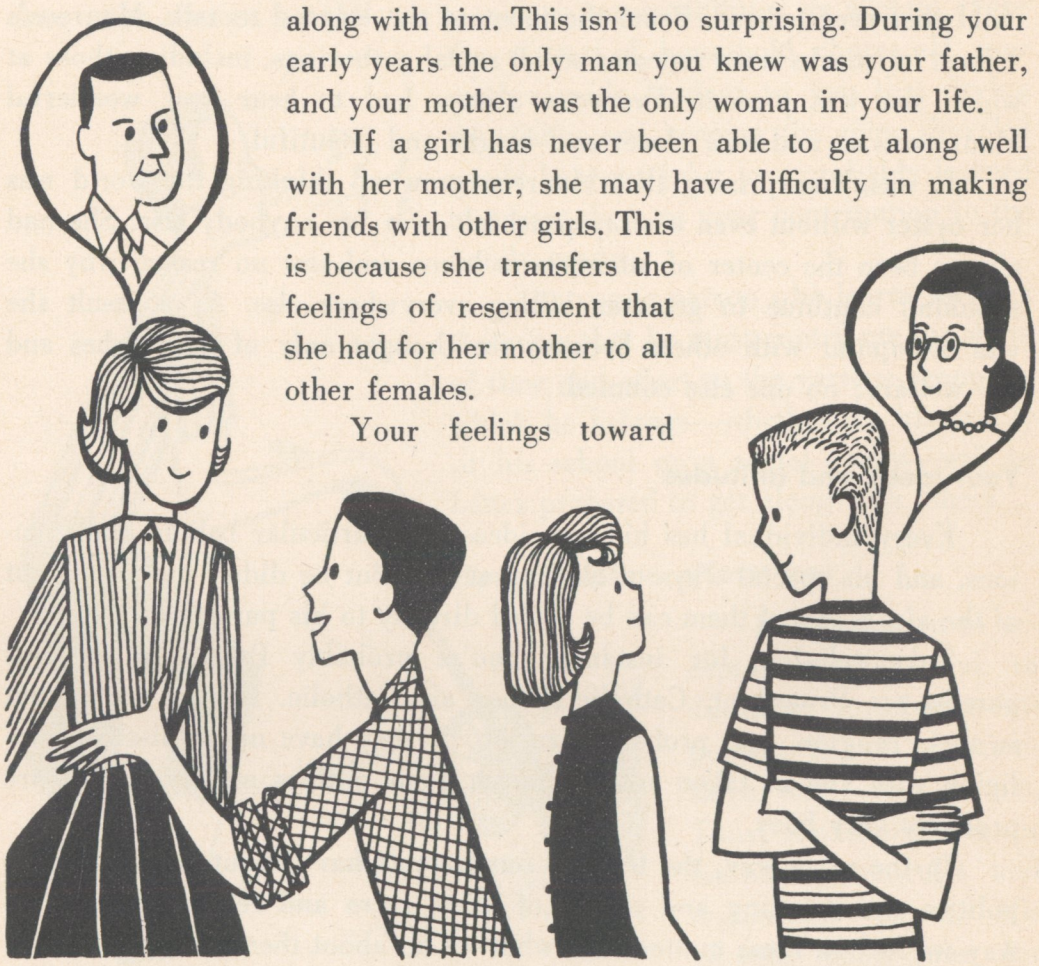
Some of our attitudes go back to experiences so early in our childhood that we are not even consciously aware of having gone through them at all. But they are there inside, though we may not recognize them for what they are. Such early attitudes may persist for years and years—through all our lives, in fact.

You and the other sex

Probably you've never realized it, but the way you feel about your mother has a great deal to do with the way you regard other members of the female sex. And your attitudes toward men in general depend partly on what you think of your father and how well you get along with him. This isn't too surprising. During your early years the only man you knew was your father, and your mother was the only woman in your life.

If a girl has never been able to get along well with her mother, she may have difficulty in making friends with other girls. This is because she transfers the feelings of resentment that she had for her mother to all other females.

Your feelings toward



The way you feel about your parents influences your relations with others.

your parents affect your relationships with members of the other sex, too. Warren, for example, always had difficulty in getting along well with girls because he kept looking for someone who was a duplicate of his mother. He wanted a girl "just like the girl that married dear old Dad." Not surprisingly, Warren never found a girl who quite filled the bill.

How you learn to love

One important lesson that we learn—or don't learn—in growing up has a great influence on how well we are going to get along with others. That lesson is *learning to love.*

In Chapter 2, we talked about how important the capacity to love is in friendship. We said then that nearly everybody can give love to some extent, although some people have a larger capacity than others.

The only way in which we learn to *give* love is to *receive* it. Some of us can't give much love to others because we didn't get enough love as children. We never learned *how* to love.

When a child comes into the world, he isn't interested in giving love or anything else to anybody. The situation is completely one-sided. He wants his parents' love, and just accepts it without giving anything in return. Eventually, if they have given him their love, he begins to love them back—he wants to do things for them, to respect and obey them, and to show his affection. As he comes into contact with other adults and other children, he will also show affection to them.

If a child's early relationships with his parents and with other people are happy, the lesson of learning to love comes easily to him. He learns to react positively, and in a friendly way, to the people around him. On the other hand, if he never felt sufficiently loved by his parents, he may believe, unconsciously, that he's unlovable and that therefore no one can really like him. If he has unhappy experiences with his playmates, such feelings will be reinforced. As a teen-ager, he becomes afraid to form any close relationships because he thinks he'll be hurt as he was in the past.

"Sometimes I hate you . . ."

Everyone has some instinctive urge to hate. It isn't wrong—it's just one of the ingredients of personality. One way to describe such feelings is to call them hostile impulses, or *hostilities.* Some hostile feelings are present in all of us. That's why you sometimes feel angry without reason, and why on occasion you may even hate your best friend.

Psychologists tell us that there is a very close relationship between love and hate—two emotions which you've probably thought of as absolute

opposites. Both are very intense. And you've probably noticed that love can change to hate in a very short time. If a close friend is disloyal to you, all your feelings of affection and respect can change overnight into animosity.

Don't worry when you recognize such feelings of hostility in your own personality. Everyone has them. The fact is that personality is rather complicated. Every individual has conscious feelings of which he is aware, and which he can control. In addition, he has a set of feelings that he doesn't know about, that lie deep below the surface. These unrecognized feelings result occasionally in expressions of selfishness, lack of consideration, rudeness, or neglect toward someone of whom you really are very fond.

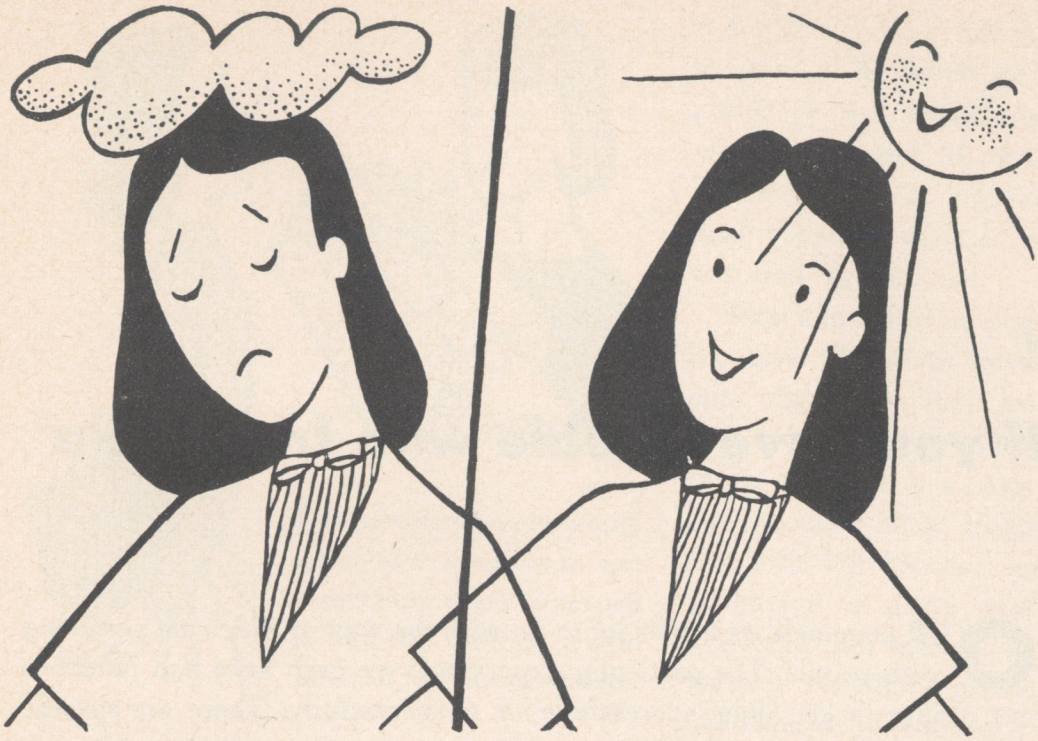
Why, for example, were you so annoyed with Larry the other day when he walked to school with you? You actually like Larry very much. But deep down inside, though you haven't been able to admit it to yourself, you may resent the fact that he is a good friend of the class president, and you're not.

You've probably noticed that some people seem always to have a chip on their shoulder, to be bitter or sarcastic without reason, to be sulky, or to be just generally antagonistic toward others. These individuals have never learned to cope with their hostile feelings; instead, they take out their resentment on their friends. As a result, they have trouble getting along with others.

There's nothing you can do about the fact that you sometimes *have* feelings of hostility. But you can learn to get rid of them harmlessly. Some people blow off steam when they feel angry toward the world by playing an extra hard game of basketball or by knocking tennis balls against the house. Others play the piano or write a poem. Whatever you do, don't take out your bad feelings on your friends. It won't really make you feel better, and it *can* cause a rift in a friendship.

So remember . . .

We are the way we are because of our experiences in growing up. These experiences, as they accumulate, equip us with a set of techniques for getting along, either successfully or unsuccessfully, with other people. We learn to react to certain situations in certain ways, so that our responses become almost automatic. We learn to be shy or aggressive, talkative or quiet, outgoing or withdrawn. As a result of our experiences we react in a particular way every time someone criticizes us, or pays us a compliment, or tells us what to do.



You can solve the personality problems that prevent successful friendships.

Don't be discouraged if you feel *you* have personality difficulties that make it hard for you to have successful friendships. The wonderful thing about human beings is their capacity to change. No matter how your past experiences may have handicapped you in being an affectionate, loving person, you don't have to remain the way you are. If you recognize that you need to change in certain ways, and really *want* to do so, you can. You can *learn* to be a good friend.

V

If you have trouble with friendship

OUR personalities have a lot to do with the way in which we get along with people. The particular experiences we each have had influence our ability to get along successfully or unsuccessfully. There are specific ways in which personality characteristics may handicap us in our friendships. Also, occasionally outside circumstances, over which we don't have much control, may present obstacles in making friends. Let's consider some of these factors that cause difficulty in friendships.

Not knowing the score

Blair moved to a big city just when he was ready to begin high school. His new life was completely unfamiliar to him, from the long ride to school on the streetcar in the morning to the endless, bustling corridors of the building. He had grown up in a little town and had had the same friends for as long as he could remember. When he had to go away and leave them all, he didn't know how to go about adjusting to the new situation. He hadn't any idea of how to go about building a new circle of friends.

Inexperience in making and keeping friends may work in various ways. Joel's idea of friendship, for example, is a very immature one. He thinks he can be on the receiving end of the line all the time. Joel has never learned that you have to give as well as take in order to have friends. He just doesn't know what his responsibilities are toward others.

What's in it for me?

The selfish attitude is only a step removed from the inexperienced. The selfish individual thinks of a relationship in terms of "What's in

The person who gives only when she expects to get something more in return is not the kind of friend most of us would choose.

it for me?" He's willing to give—if he thinks he's going to get something out of it, and if that something will be a great deal more that what *he* is required to put out.

What's-in-it-for-me people give Christmas presents only when they expect to get them. They invite someone to a party not because they really like him but because he is having a party *next* week and they want to be invited. They'll clean the blackboards for the teacher every day if they think it will get them a better grade in algebra.

People like this are usually found out pretty quickly and are not sought after as friends. None of us likes to think someone is taking advantage of us.

The almighty "I"

To some extent everybody loves himself. That's why we often choose friends who are like ourselves, who may have similar backgrounds, interests, and personality traits. It is also why we are particular about our appearance and are proud of our successes and achievements.

Self-love is not the same as selfishness. Only if you love yourself can you have the self-respect that everyone needs. But the *degree* is important. In general, the more mature and self-confident a person is, the less need he has to be reassured about what a fine fellow he is.

Some people unfortunately never grow up in this respect. Their friends have to feed them endless compliments and praise and applause. These people are the ones we think of as being conceited and opinionated. What they say and think and do is of prime importance to *them*. Since most of us get pretty tired of catering to them, they soon find themselves without many friends.

Afraid to make friends

Jimmy was afraid to make friends. He'd rather stay home and read a book, or walk in the country by himself, to avoid taking the chance

of meeting people. Deep down inside, he was afraid that if he did try to make friends, he'd be rebuffed.

This fear of Jimmy's went back many years. He had two brothers, both older than he was. Since the three of them always did things together, Jimmy suffered by comparison. That wasn't surprising, since he was smaller and younger than his brothers. But his parents didn't take the age difference into account, and continually criticized Jimmy for failing to do things as well as the other two boys. Since he played with his brothers' friends, rather than with boys of his own age, he always was considered the pest and the stooge. No one liked and approved of Jimmy as a person in his own right. As a result, he always felt that no one liked him or wanted him as a friend.

Ordinary shyness is also a result of fear. You've known people who were so timid that they wouldn't do such simple things as raising their hands in a class even when they knew the answers. Such individuals can't imagine taking the initiative in forming a friendship—in fact, even when someone else makes the first move, they are often too shy to respond.

Shy people are fundamentally very lonesome and want very much to be part of a group. Often one successful friendship will change a shy person greatly and give him self-confidence. An unsuccessful one may make him feel more alone than ever and increase his fear of not being accepted by others.

Feelings of inadequacy

Some people feel, deep down inside, that they aren't as good as other people. They aren't as capable, as smart, or as attractive—they *think*. They can't dress as well as others or carry on as interesting a conversation—so it seems to *them*. This feeling of inadequacy may show up in many ways. Often it's called an "inferiority complex."

Such people are not *really* inferior. They just *think* they are. But as far as they're concerned, it's the same thing. Because they feel the way they do, they find it difficult to make friends. Even if other people think they are capable or likable, they still doubt themselves.

Why do these individuals feel so insecure? Usually these feelings started many years ago. Perhaps their parents and other adults expected too much of them, and so they became convinced that they couldn't measure up to other people. There may have been other reasons, now forgotten, that account for such feelings.

The other extreme

Bill wasn't the sort of boy you'd ever think of as having any feeling of inferiority. He was noisy, overconfident, and always the first to make

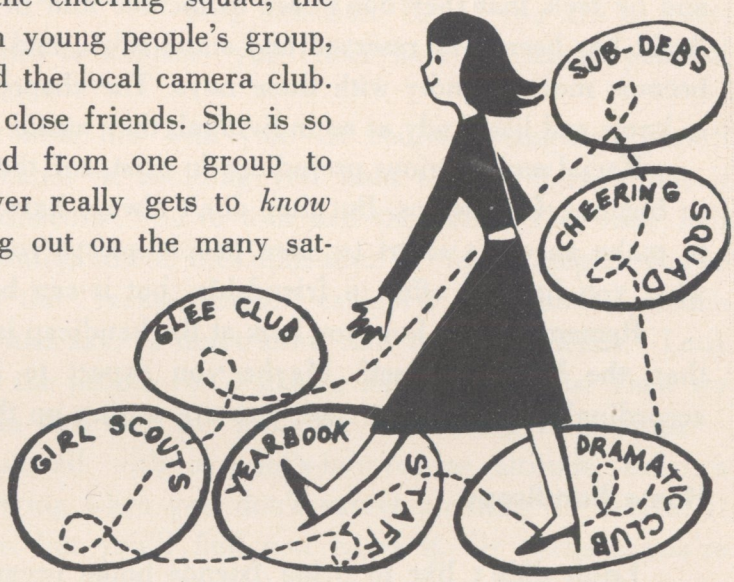
trouble in class or at football practice. He seemed to enjoy getting into fights and showing people that he wasn't to be trifled with. His philosophy seemed to be "grab first, while the grabbing is good, or someone else will beat you to it."

Surprisingly enough, people like Bill feel insecure and inadequate, too. Bill had never developed any real confidence in himself. As a child, he found that he could get attention and other things he wanted by demanding them. He never learned to get what he wanted in more mature ways. Since he found that aggressiveness and bossiness got him what he wanted in childhood, he carried this behavior over into his later life.

Without realizing it, people like Bill are covering up their real feelings of insecurity. They overdo it by acting the very opposite of the way they really feel inside. It's easy to see why Bill and others like him have trouble keeping friends.

Spread too thin

You couldn't say that Jody doesn't have friends. She knows literally hundreds of people. She belongs to the Girl Scouts, the dramatics club, the yearbook staff, the cheering squad, the glee club, the church young people's group, the sub-deb club, and the local camera club. But Jody hasn't any close friends. She is so busy running around from one group to another that she never really gets to *know* anyone. She's missing out on the many satisfactions that close friendships could give her.



People who belong to too many groups often miss out on the satisfactions of close friendships.

Again, in the case of people like Jody, a hidden feeling of insecurity leads them to want to belong to as many different groups as possible. They're so anxious to be a part of something that they try to be a part of *everything*. As a result, they often fail to accomplish anything really worth while.

Difficulties outside yourself

So far, we've been talking about personality problems that can cause difficulty in making friends. Unfortunately, those aren't the only problems

that stand in the way of friendship. Prejudice, social and financial standing can make the going rough, too.

Tom Lane was one of the most intelligent boys in his class. He was reasonably nice looking and had a pleasant personality, but he had trouble making the kinds of friends he wanted because he came from a poor family. He didn't live in the "right" neighborhood, in the eyes of his classmates, and so they were not eager to include Tom in their activities.

Tom went out of his way to be friendly, but he had to exert extra effort and do considerably more to "prove himself" in order to be accepted than he would have if he had lived on the other side of town. Even after he became one of the crowd, he had a difficult time. Most of the fellows had generous allowances from their parents while Tom had to work every afternoon just to earn enough for the necessities. He had very little money left for the extras that the others took for granted.

Then there's Andy, who is Jewish. He would like to be friends with several boys he knows of different religious faiths but doesn't know how to go about it. They stick pretty much with their own, non-Jewish friends, and he feels that they don't care to include him in their group. Actually, Andy has been very reserved and stand-offish, and has made no effort to become more friendly with these boys. The chances are that if they got to know and like Andy as an individual, they *would* accept him as a friend.

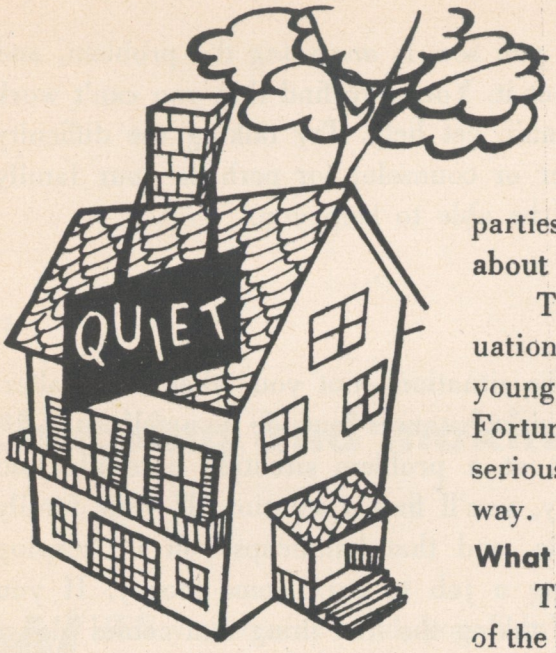
Racial and religious prejudices do exist, and they can be real obstacles in forming friendships. But they don't always have to be. You may have to make an extra effort to have people accept you for yourself and for what you have to offer in friendship, but it can be done.

Remember that how you look at the handicap is often more important than the handicap itself. Maybe you *expect* to be excluded—and act accordingly. If that's the case, *you* are setting up the barriers.

Home handicaps

Edith didn't like to bring friends home because she felt her house wasn't very nice—the slip covers were faded, the rug was worn, and there was a messy play pen in the living room for the baby. The house was small, too, and there was no way she could have any privacy with her friends—some member of the family was always in the way.

Jerry had a different problem. His parents were well-to-do and had a large home on one of the best streets in town. But his mother was always ailing. She wasn't really ill, but she always had a headache, a backache, or an upset stomach. The smallest noise made her nervous, and any dancing or record-playing was absolutely taboo. In fact, she didn't



Sometimes it's hard for young people to form friendships because of a difficult home situation.

like to have young people around at all, so Jerry was never allowed to bring anyone home with him. Since he could never pay back hospitality or have parties for the gang, he felt embarrassed about going to his friends' homes.

There are many kinds of home situations that may cause difficulty for young people in forming friendships. Fortunately, most of them aren't so serious that they can't be solved in some way.

What you can do

There is no simple solution for any of the hurdles you may have to overcome —whether your problem is a personality difficulty or some other handicapping situation. But if you are to overcome it, something has to *happen*—you either have to change yourself or change the situation.

Let's say the trouble lies with you. Of course, changing yourself isn't just a simple matter of deciding you want to be different. But if you *recognize* your difficulty, you've won half the battle. The other half requires *doing something* about the difficulty. If, for example, you've decided you fit into the "inexperienced" category, it doesn't do much good just to sit back and say, "I don't know *how* to make friends." Look around you. Observe the people you'd like to have for friends. Then try to join their activities and take the initiative in forming friendships.

If you catch yourself with a what's-in-it-for-me attitude, exert a real effort to start giving when you don't expect anything in return. It takes a little practice, but you'll find you *enjoy* it. Or perhaps you're afraid of people. It may take a special effort for you to make friends. But remember—they won't come looking for you. So begin by cultivating a friendship on the firm ground of a hobby or activity. If you're tops at photography, you can be pretty sure that other enthusiastic photographers will be interested in sharing their ideas and experiences with you. From these shared activities, friendships will flourish.

If you have feelings of inferiority or inadequacy, find something you can do well and concentrate on that until you can feel some sense of satisfaction and self-confidence.

The really important thing, you see, is *analyzing* the problem, and then figuring out what to do about it. You may find that you can't work yours out by yourself. If you can't, get help. Try talking the difficulty over with your parents, a teacher or counselor, or perhaps your family doctor. One of these people will be able to help you.

If the difficulty isn't with you

Sometimes, of course, it's the situation—not you—that needs altering. Changing a whole set of circumstances outside yourself may be difficult. But often, if you look at a problem situation carefully and hopefully, rather than desperately, you'll find a solution. If your family hasn't much money, for example, and that handicaps you in keeping up with your friends, try getting a job to earn some money. If you choose a job carefully instead of taking the first thing that comes along, you may find that you can earn enough to meet some of your most important needs.

Often a situation seems bad because of your attitude — you think it's worse than it is.

Sometimes a situation seems difficult only because of the way you look at it. You may feel ashamed of your home, for example, because it isn't as nice as those of your friends. But if you've never invited them over, how do you know they'd look down their noses at it? The chances are slim that they would drop you as a friend just because your home isn't as elegant as theirs.

In a case like this, a change of *attitude* on your part is necessary. The chances are that the handicap seems ten times greater to you than it does to anyone else. So don't make mountains out of molehills—accept the molehill for what it is and then go on from there. Of course, if the shabby living room bothers you too much, why not take sewing lessons and make new slip covers? Or get a part-time job and contribute the money toward a new, inexpensive rug. If you *want* to, there are many ways of solving a problem.

VI

Choosing and making friends

WHEN you were a child, you didn't have a great deal of choice in the friends available to you. You couldn't roam very far, and so you usually played with the children in your neighborhood, the ones who lived upstairs, next door, or down the block. But as you grew older and your horizons widened, you started coming in contact with many more people. As a result, you have had the privilege—and the problem—of choosing whom you wanted as friends.

The why's of friendship

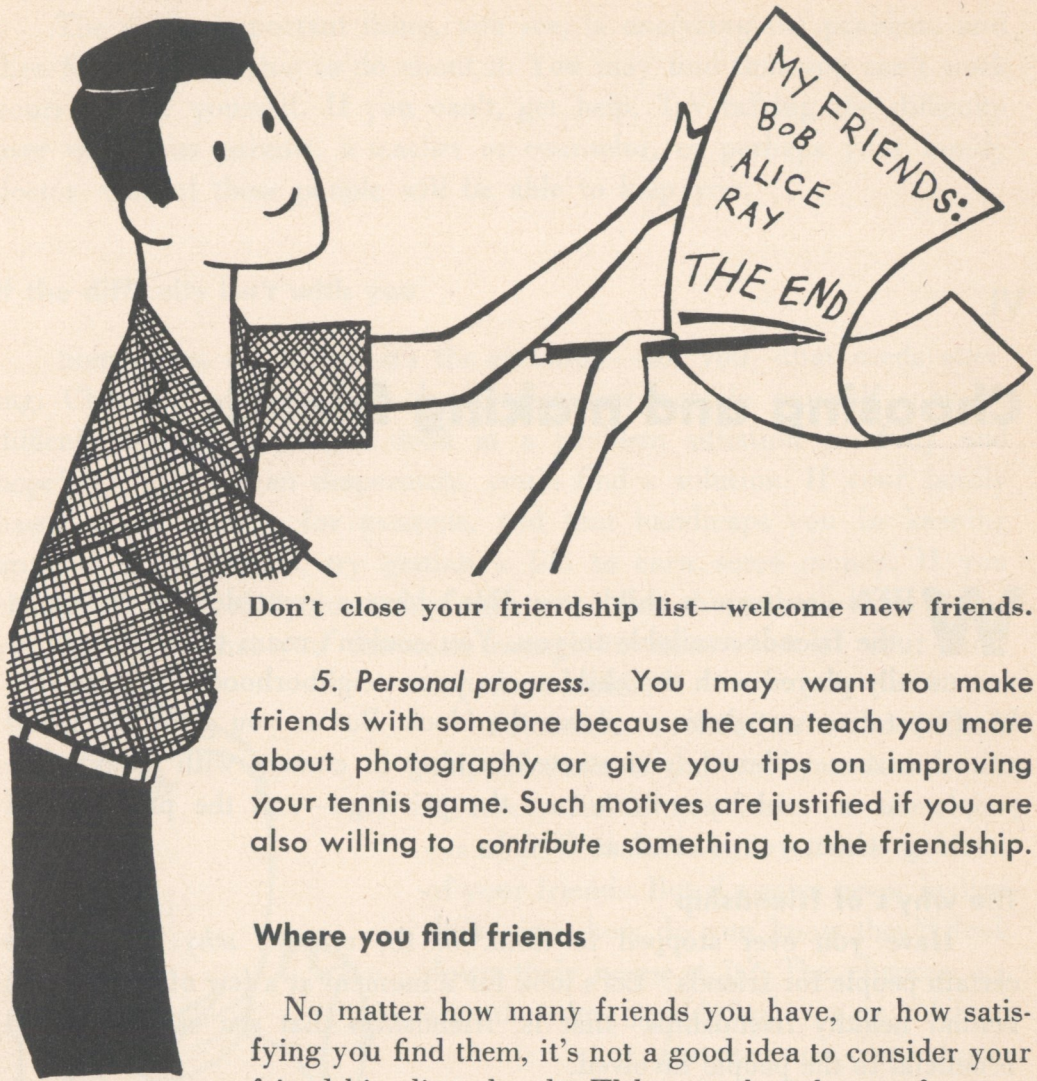
Have you ever stopped to think of the reasons *why* you choose certain people for friends? Let's look for a moment at a few of the motives behind healthy friendships—that is, friendships that are satisfying and beneficial to the people involved.

1. Companionship. You find it more satisfying and more fun to share ideas and experiences and activities with other people a great deal of the time.

2. A common mission. We've talked about this many times already. A mutual interest—whether it's basketball, knitting, or jazz records—provides a bond between people. Also, friends often work together toward a common goal—establishing a teen-age center or putting out a student newspaper or getting a candidate elected to the student council.

3. An opportunity to serve. You see a shy person and want to draw him into group activities. Or you call regularly on a friend who is sick in the hospital. This is the "giving" part of friendship that is so important.

4. The opportunity to gain support or guidance. These are the benefits you usually gain from a counselor friend.



Don't close your friendship list—welcome new friends.

5. Personal progress. You may want to make friends with someone because he can teach you more about photography or give you tips on improving your tennis game. Such motives are justified if you are also willing to *contribute* something to the friendship.

Where you find friends

No matter how many friends you have, or how satisfying you find them, it's not a good idea to consider your friendship list closed. Welcome the chance for new additions. You don't want to take the chance of missing out on any special friendships that might develop.

Most of the people you know you probably met through casual contacts in school, at church, in a club, at a dance or party, or through some other activity. They started out as casual acquaintances, and many later became your friends.

But you can't always rely on chance to bring you friends; you have to do some planning. This is particularly important if you feel you need and want more friends. You'll want to make an active effort to meet people and to cultivate some of them as friends.

Join a club not only because you are interested in what the members are doing, but also because it is a means of making new friends. Attend the young people's group at church not only for its religious benefits but because of the other teen-agers you will meet through its activities.

Look for friends in history class, on the baseball or track team, at the community center, and in your Scout troop—anywhere, in fact, where you are likely to meet others your own age.

Planning your campaign

Successful military campaigns always have carefully thought-out strategy behind them. Buildings are put together according to precise blueprints drawn up by the architect. And the project of making new friends is most likely to bring satisfactory results if you make plans.

The first step in your campaign is to decide whom you want for your friends. What are *your* particular needs and requirements? The person *you* see as an ideal candidate for friendship wouldn't necessarily head the list on anyone else's ballot. But there are some general qualifications that you probably should look for in a prospective friend.

Peas in a pod?

You don't want a friend to be such an identical copy of yourself that you're like two peas in a pod. You probably couldn't even find anyone like that, anyway. But it is usually a good idea to choose people who have *something* in common with you. You may admire traits in them that you are proud of in yourself. Or, what is more common, you may have mutual interests—in sports or hobbies, special activities, a future career, or any one of a number of things. Nick and Denny have been pals ever since they discovered in chemistry class that both were planning to become doctors.

Similarities in principles of living, and in moral standards, are important, too. This means that you want friends who have more or less the same notions of right and wrong that you do. You probably wouldn't want a friend who cheats at sports or who lies every time he gets in a spot. Nor would you be keen on becoming pals with a girl who had a bad reputation for dating the wrong kinds of boys.

Well adjusted, please

Speaking in general, it's usually better to choose a well-adjusted person for a friend. This means a person who has no serious personality problems (such as those mentioned in Chapter 5) that would make him difficult to get along with. Eric may have so many hostile and resentful feelings that he would constantly be snapping at you. If that's the case, you probably can't develop a real friendship with him, even if you both

have things in common. Sally may be too anxious to claim attention for herself all the time to be a very good friend to you. Unless a person has learned to handle his own problems reasonably well, he won't be able to give much of himself to you. And friendship, as we've said over and over, involves giving as well as receiving.

But the well-adjusted rule, just like all rules, has many exceptions. Gerry may be poorly adjusted in that she is extremely shy. Yet beneath the surface there may be a lively intelligence, a sense of fun, and a genuine sympathy that would make it well worth the trouble to cultivate her friendship.

Many people would value your friendship highly; don't force it on someone who isn't interested.

It's got to be mutual

Naturally, you don't want to force your friendship on someone who doesn't want it. Joyce is so busy that she really doesn't seem to have time for any more friends. So look around you more carefully and find someone who *will* value your friendship as something special. Joyce isn't the only person who would make a good friend.

Don't forget that a friendship has to be *mutually* satisfying. It may be that the person you've picked out has a lot to offer you. But remember—there has to be something you can give back to make the relationship satisfying to *him*, too.

Some don'ts

Listing the qualifications you should look for in a friend isn't simple—there are so many "ifs" and "ands" involved. It's easier to put your finger on some things that should *not* guide your choice.

Jinny's the most popular girl in the class, probably for good reasons. But just because so many people think Jinny is terrific shouldn't automatically make her your choice of a friend.

Don't accept the opinions of others as absolute fact—try to find

out for yourself what a person is like. One girl may have a good reputation just because she doesn't talk about her escapades. Another may have a bad one because someone started a nasty rumor about her. Do your own investigating and make your own decisions about people.

An individual's financial standing is no measure of his qualification for friendship, either. Try to avoid judging people on the basis of superficial standards; these are not reliable measures of friendship.

Your needs are what count

General guides only help you so far in choosing friends. Every person has specific needs of his own that influence the choices he makes.

Some people, for example, are leaders. Many of their friends therefore will be followers. Many of us are more comfortable, at least until a relationship is fairly well established, if we let the other person take the initiative. In a well-balanced friendship, however, both partners play follower *and* leadership roles at one time or another.

A good general rule to go by might be this: Choose for a friend someone who will bring out the best in you, and someone in whom you can help bring out the best. Unless it works both ways, it isn't a satisfying friendship.

Making the initial effort

Let's suppose that you want Thelma Rogers for a friend. You know *why*. You've examined your motives for wanting to know her better and have come to the conclusion that they will lead you to a mutually satisfactory friendship.

How to start the friendship is now the $64 question. First of all you have to establish contact with Thelma, get acquainted with her by some method or other. What are the possibilities?

Perhaps you can join a group to which she belongs. Probably you can find someone who is acquainted with both of you and will arrange an introduction. Maybe you can approach Thelma and ask her opinion on some subject that concerns you both. Sometimes a simple question like, "What do *you* think of the class plans for a school fair?" will do the trick.

After you succeed in making the contact, don't sit back and decide that it's Thelma's turn to run after you. Remember, *you* are the one most anxious for this friendship. So take the initiative yourself. A "let-her-make-the-next-move" attitude will leave you right where you are.

Find out what Thelma likes to do, what her hobbies are, and how she spends her time. Maybe you two have some interests or experiences in

VII

Friendships to avoid

BY this time you've formed a nice, rosy picture of "friendship." Unfortunately, there's another side of the picture, too. *Some* friendships are what might be called "unhealthy." They don't provide the lasting, mature satisfactions that we've been talking about. In fact, they can sometimes be quite harmful to one or both of the people involved. You should know how to recognize such friendships in order to steer clear of them.

At some time in your life your parents may have cautioned you against seeing too much of a particular person. Maybe it was when you were small and admired Hank, who always played truant from school. Perhaps it was only last week that your mother asked you why you had to go out with *that* boy when there were so many nice ones around.

Of course, when your parents object to a friendship they aren't always right—any more than you are yourself. But when they complain about a friend of yours, they *may* have a good reason. Perhaps they are looking at the situation more objectively than you are or know something about the person that you are unaware of. So it's a good idea to at least think over such objections.

"Using" friendships

When one person consistently uses a friendship to take advantage of someone, this is an unhealthy situation. The trusting partner eventually learns the truth of the matter, but often not before the damage has been done. Sometimes the consequences can be serious.

John Allen was shocked one morning when he learned that the police had picked up Ed, his best pal, in the process of carrying out his tenth burglary! Ed had always told his parents he was at John's house, it

seemed, whenever he went out on a "job." And he had hidden some of the stolen goods under the Allens' back porch. It took some doing to convince the police that John wasn't involved in the burglaries, too.

Rita was a year older than Debbie and far more popular and poised. Debbie was a little on the quiet side and was flattered when Rita wanted to be friends. She was too trusting to realize that Rita only wanted a friend who would write her English themes, do her French translations, and pass her the answers in difficult exams. One day Debbie was caught passing exam answers to her "friend" and got into considerable trouble with the teacher, who gave her a failing grade and also reported the matter to her parents.

Watch out for people who take advantage of their friendships.

Frank's father didn't approve of his son's friendship with Al Benson, an older fellow who suddenly appeared in town from nowhere and didn't seem to have any job. Several times when Al wanted to borrow money—$10 here and $15 there—Frank managed to scrape it together out of his allowance and earnings. Then one day Al left town as suddenly as he had appeared, without paying back any of the loans.

Danger signals

There are numerous other ways in which one person can try to take advantage of another on the pretext of friendship. One type of unhealthy friendship that can be emotionally harmful to young people deserves particular attention. This is a friendship that starts out just as any other but progresses to a point where two members of the same sex become too strongly attached. This sort of relationship doesn't occur too often among young people, but it happens frequently enough so that we need to understand it.

One of the normal characteristics of young teen-agers is an interest in other members of the same sex. A girl likes to go around with other girls; a boy wants to pal around with other boys. This is a normal stage in the development of every individual. Natural outlets for a healthy expression of this interest are provided by group activities limited to one sex—boys' and girls' clubs, Scout troops, fraternities and sororities,

sports teams. In a few years, as young people's bodies mature, their interest shifts to persons of the other sex, too. Girls are still interested in having girl friends, but they also want boy friends. Boys continue to have their clubs and baseball teams, but they want to start dating girls.

Some young people don't mature as quickly in this respect as others. They go through a phase of emotional "arrested development" and continue to be interested only in members of their own sex. Then the physical attachment to other boys or to other girls may become too strong and may even result in actual sexual relations. Usually this is only a temporary situation and therefore not too serious. Most of these individuals later on develop an interest in the other sex. Unfortunately, a few never do. They remain at this stage throughout their lives. In such cases, the problem is a serious one and is an indication of severe emotional difficulties.

If you find a sexual relationship with another person of your own sex about to develop in your life, it will take a special effort to fill your time with other, more healthy relationships in order to break the attachment. You may even need the help of a counselor or some other person qualified to help you with personal problems. But the effort should be made if you want to gain real, lasting satisfaction from your friendships.

The not-so-smart set

A person's opinions and standards of conduct are strongly influenced by the people who make up his circle of friends. If the standards are good ones, fine. But occasionally they are not.

Maybe everyone in your crowd drinks, but your parents don't approve of it and you really don't either. Rather than stand up for your own opinion, though, you conform to the group—because you want to "belong" and be like everybody else. Maybe most of the fellows you know drive recklessly. So you feel *you* have to drive recklessly, too.

Wanting to be like others is fine—up to a point. But don't try to keep up with the crowd if their standards don't agree with yours.

The why's of unhealthy friendships

Just as healthy motives are behind some friendships, unhealthy ones are behind others. Since such motives come from trying to satisfy the needs of unhealthy, or poorly adjusted personalities, there is little likelihood that they will produce satisfying friendships. Let's take a look at some of these motives.

1. *Hostility.* Strange as it seems, hostile feelings may actually lead a person to try to make friends. Such a person is filled with an-

imosity and resentment, which he must express somehow. So he looks for "friends" on whom to vent his hostilities.

2. *Selfishness.* The desire for self-gain motivates people to try to make friendships. They want to influence people because of what they can get out of them.

3. *Passivity.* Some people seem to have no initiative, no get-up-and-go, so they look for friends who will carry the load. They aren't self-sufficient, and so they want to be hangers-on or parasites. We say these people are passive.

4. *Exhibitionism.* Obviously nobody can get attention if there isn't any audience. Exhibitionists want to steal the show. They want friends who will stay in the shadows while they occupy the limelight.

5. *Physical attraction.* Everyone has an instinctive desire to love and be loved. So in every close friendship, even one between two people of the same sex, there is a certain amount of physical attraction—whether it is recognized or not. Usually it is expressed by an affectionate greeting, a friendly handshake, or a clap on the back. However, some people make friendships *only* on the basis of physical attraction. This is unhealthy if it is the only reason for a relationship.

Exhibitionists like to get all the attention; they want friends who will stay back in the shadows.

What to do

It is easier to prevent unhealthy friendships from developing than it is to do something about them later on. If, for instance, you see yourself about to cultivate Ellen's friendship because she edits the school paper and your chief ambition is to be a reporter, be honest with yourself and forget the whole thing. If you are aware that Lenny's strong interest in you is due to the fact that you can get the family car for weekend dating, make it clear to him that you're not interested.

Many unhealthy friendships can be prevented before they develop. But often by the time a person reaches adolescence he has already developed

attitudes and habits that lead him to try to form out-of-the-ordinary relationships with other people. He probably doesn't realize that he is out of step. Maybe, on the other hand, he *is* aware of it but doesn't know how to solve the problem.

Help for such an individual must usually come from outside himself. Sometimes parents can help—if he is willing to share the problem with them. Most often, however, the parents themselves are apt to look at the situation emotionally rather than objectively. A family doctor or teacher or counselor can usually be more helpful. He or she may not always be able to supply the answers but will be able to suggest an experienced person who *can* be of assistance. Remember—it's never too late to do something about undesirable relationships and to build constructive, satisfying friendships.

Summing up

The old Roman general Scipio used to complain that men were more painstaking in all other things than in the care of their friendships. He said that everybody could tell how many goats and sheep he had but was unable to tell the number of his friends, and that men took pains in choosing the former but were careless in choosing the latter.

Unfortunately, this criticism is too often true. We all want friends, but we don't devote enough time and thought to choosing them carefully and to keeping them. Now that you have learned about the necessary qualities in friendship, why you can or can't make friends easily, and how to go about having friends, the ball is in your hands. You can be a better friend and have more friends if you *want to.* It's up to you now!

For more information . . .

The following reading materials will help to supplement the information in this booklet. Ask your counselor or librarian if they are available in your school or public library.

A Boy Grows Up. Rev. Ed. *Harry C. McKown.* New York: McGraw-Hill Book Co., 1949. A boy's guide for good living. Chapters 7 and 8 give excellent advice on friendships with other boys and with girls.

A Girl Grows Up. Rev. Ed. *Ruth Fedder.* New York: McGraw-Hill Book Co., 1948. A girl's guide for good living. Chapter 5 gives helpful information on getting along with people, and Chapter 7 discusses boy-girl friendships.

Better Ways of Growing Up. *John E. Crawford and Luther E. Woodward.* Philadelphia: The Muhlenberg Press, 1948. A book about the personality and emotional factors involved in living a successful life. Helpful information is given on ways of cultivating attitudes that will enable you to build satisfactory friendships.

Dating Days. *Lester A. Kirkendall and Ruth Farnham Osborne.* Chicago: Science Research Associates, 1949. This booklet gives a general picture of boy-girl relations, from building friendships to specific dating problems.

Getting Along with Others. *Helen Shacter.* Chicago: Science Research Associates, 1949. A booklet to help you examine the way you feel about people. It discusses the things you can do to improve your personality and increase your popularity.

Growing Up Socially. *Ellis Weitzman.* Chicago: Science Research Associates, 1949. The socially mature person is successful in his relationships with others. This booklet explains what social maturity is and how it can be developed.

Pattern for Personality. *Judith Unger Scott.* Philadelphia: Macrae Smith Co., 1951. Section 3 of this book has many valuable tips on the art of making and keeping friends, and helpful data on dating.

Personal Problems. Rev. Ed. *John B. Geisel.* Boston: Houghton Mifflin Co., 1949. Some of the topics discussed in this book are getting along with others and problems of boy-girl friendships.

Teens . . . How to Meet Your Problems. *John and Dorathea Crawford.* New York: Woman's Press, 1951. Concrete help on various problems that bother young people. Chapter 2 will help you solve any difficulties you may have with friendships.

This Is the Life. *Wellington G. Pierce.* Boston: D. C. Heath & Co., 1951. The problems discussed in this book are those that teen-agers themselves have posed. Chapter 3 gives many suggestions on how to win and keep friends.

Time Out for Youth. *Arthur S. Gregor.* New York: Macmillan, 1951. Chapter 7 deals specifically with success in friendship. Other chapters will help you to live more happily in all areas of your life.

Understanding Yourself. *William C. Menninger, M.D.* Chicago: Science Research Associates, 1948. Understanding what "makes you tick" can help you get along better with other people. This booklet explains how you are made psychologically, what your emotions and behavior mean, and how to get help if you have a really serious problem.

Ways to Improve Your Personality. *Virginia Bailard and Ruth Strang.* New York: McGraw-Hill Book Co., 1951. This book gives helpful information on how to develop desirable personality traits. Chapter 4 discusses how to make and keep friends.

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